

Sweet Potato Pone

Makes: 10 Servings

Ingredients

3 cups grated sweet potatoes
1 cup molasses (or dark cane syrup)
2 teaspoons ground ginger
2 teaspoons baking powder
1 teaspoon salt
1/3 cup vegetable oil

Directions

1. In a 3-quart saucepan, combine sweet potatoes, molasses, ginger, baking powder, salt, and vegetable oil.
2. Simmer slowly, stirring constantly, for 10 minutes.
3. Pour into well-greased 9-inch baking pan.
4. Bake at 325°F for 30 minutes, stirring every five minutes for the first 20 minutes.
5. Smooth down the top and allow to brown.
6. Cut into squares and serve hot or cold.

Notes

Sweet Potato Pone is a Liberian dish often served as a dessert following a family meal.

North Dakota Food and Culture: A Taste of World Cuisine. North Dakota State University Extension Service. Recipe on p. 14.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	7 g	11%
Protein	1 g	
Carbohydrates	32 g	11%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	360 mg	15%